

# PPL Split

## Introduction

Welcome to the PPL Split, a concise and simple guide designed to provide you with all the necessary information to embark on your fitness journey with the Push, Pull, Legs (PPL) training split. Whether you are a beginner looking to kickstart your fitness routine or an experienced gym-goer searching for a new approach, this PDF aims to simplify and demystify the PPL training method.

Our end goal is to empower you with the knowledge and understanding of the PPL split, allowing you to optimize your workouts, maximize your gains, and ultimately achieve your fitness objectives. This comprehensive resource breaks down the PPL training split into its fundamental components, ensuring that you grasp the core principles and can implement them effectively.

In this PDF, we have streamlined the information, making it easily digestible and accessible for individuals of all fitness levels. Whether you are familiar with the PPL split or have never encountered it before, this guide will provide you with a solid foundation to build upon. By sharing the principles, benefits, and guidelines of the PPL training split in a concise and simple manner, we aim to empower you to take control of your fitness journey. We believe that understanding the "why" behind the PPL split will motivate and inspire you to stay committed, maintain consistency, and make meaningful progress towards your goals.

## Why choose PPL split over others?

- **Balanced Muscle Development.**

The PPL split targets all major muscle groups, ensuring comprehensive and balanced muscle development.

- **Increased Frequency and Volume**
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The program allows for a high training frequency, hitting each muscle group twice a week, which can lead to increased muscle growth and strength gains.

- Customizability

The PPL split offers flexibility and can be tailored to individual goals, preferences and time constraints.

- Time Efficiency

The Program optimizes training time by dividing workouts into push days, pull days and leg days, allowing for focused work on specific muscle groups during each session.

## **Warmups**

Before we look at exactly how you should warm-up, it's important to consider what the warm-up portion of your training session serves to accomplish. Warming up should function to increase your core body temperature, which improves performance. Your circadian rhythm also helps determine your core body temperature at any given point in time. When you wake up, your core body temperature is at its lowest, and it increases throughout the day. There seems to be a "sweet spot" for core body temperature, so doing 5-10 minutes of low-moderate intensity cardio is especially prudent if you exercise early in the morning .

Secondly, warm-ups serve as a way to increase muscle activation. Doing dynamic warm-ups (exercises and drills which take you through a range of motion) can improve performance and force output. Don't view your warm-up as just "going through the motions." The goal is to always be very mindful about the muscles you are contracting and the bodily movements you're doing. A proper and complete warm up helps strengthen this mindfulness.

Lastly, foam rolling has been shown to reduce DOMS (delayed onset muscle soreness) . Brief foam rolling with a specific focus on "tight areas" before a session can improve range of motion and prevent injury. Light foam rolling for 2-3 minutes

prior to lifting is recommended.

Before beginning with your working weight for the first exercise for each bodypart, perform a basic loading pyramid where you pyramid up in weight with 1-3 light sets, getting progressively heavier until you reach your working weight for that exercises

EXERCISE	SETS	REPS/TIME	Notes
LOW INTENSITY CARDIO	N/A	5-10MIN	PICK ANY MACHINE WHICH ELEVATES YOUR HEART RATE TO 100-135BPM
FOAM ROLLING/LACROSSE BALL	N/A	2-3MIN	FOAM ROLL LARGE MUSCLE GROUPS: QUADS, LATS, CALVES. OPTIONALLY USE A LACROSSE BALL FOR SMALLER MUSCLE GROUPS: PECS, DELTS, HAMSTRINGS
FRONT/BACK LEG SWING	2	12	12 EACH LEG
SIDE/SIDE LEG SWING	2	12	12 EACH LEG
STANDING GLUTE SQUEEZE	2	15 SEC	SQUEEZE YOUR GLUTES AS HARD AS POSSIBLE
PRONE TRAP RAISE	2	15	MIND MUSCLE CONNECTION WITH MID BACK
CABLE EXTERNAL ROTATION	2	15	15 EACH SIDE
CABLE INTERNAL ROTATION	2	15	15 EACH SIDE
OVERHEAD SHRUG	2	15	LIGHT SQUEEZE ON TRAPS AT THE TOP OF EACH REP

## PUSH-PULL-LEGS SPLIT

### - LEGS WORKOUT

EXERCISE	SETS	Reps/Duration	Rest
Back Squat	3	5	3-4 Min
Romanian Deadlift	2	8-10	3-4 Min
Dumbbell walking Lunge	2	20 each leg	1-2 Min
Leg Extensions	3	10-15	1-2 Min
Lying/Seated Leg Curls	3	10-15	1-2 Min
Standing Calf Raise	3	10-15	1-2 Min

### - PUSH WORKOUT

EXERCISE	SETS	Reps/Duration	Rest
Barbell Bench Press	3	8-12	3-4 Min
Incline Dumbbell Press	3	10-15	2-3 Min
Incline Seated Dumbbell Shoulder Press	3	8-12	1-2 Min
Dumbbell/Cable Lateral Raise	3-4	10-15	1-2 Min

Tricep Dip	3	10-15	1-2 Min
Rope Tricep Pushdown	3	10-15	1-2 Min
Skull Crushers	3	10-15	1-2

## - PULL WORKOUT

**Note.** Personally, I mostly avoid doing Deadlifts as I am too conscious of my form. But you can add it in your pull routine, 10 reps of 3 sets with 3-4 Mins of rest, after performing pull-ups.

EXERCISE	SETS	Reps/Duration	Rest
Pull-Ups or Assisted Pull-ups	3	Till Failure	2-3 Min
Barbell Rows	3	8-12	3-4 Min
Lat Pulldowns	3	10-15	2-3 Min
Machine Row/ Seated Cable Row	3	8-12	2-3 Min
Dumbbell Bicep Curl	3	10-15	1-2 Min
Hammer Curls	3	10-15	1-2 Min
Face Pulls	3	10-15	1-2 Min